

REGISTRATION

Ongoing for Camps

For July-August

Classes:

Town of Herndon

Wednesday, June 9

Non-Residents

Tuesday, June 15



2021 July & August Classes & Camps



herndon-va.gov/recreation

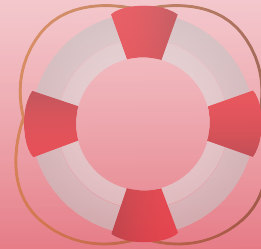
703-787-7300

parksandrec@herndon-va.gov

Time For Summer Fun!



We know this pandemic has been stressful to many and recognize that socializing and interacting with peers can be a healthy way for children to cope with stress and connect with others. We are excited to offer several summer camp options while following state and CDC considerations to protect campers, families, staff, and our community.



Registration

Start early to obtain your account and password information if this is your first time registering online with the department. Visit herndon-va.gov/recreation to get started.

Registration Options:

1. Online: bit.ly/HPRwebtrac
2. Mail: 777 Lynn Street, Herndon, VA 20170
3. Drop-Off at the HCC, 814 Ferndale Ave., Herndon, VA 20170
4. FAX: 703-318-8652, Hearing Impaired Relay, 1-800-828-1120 TDD

Parent Meeting

A parent meeting will be held for Camps Quest and Discovery on Wednesday, June 16 at 7:00pm at the Herndon Community Center main gym. Register early and check your emails for details. Information will be posted on the website when available.

Photography

Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or videotape of the activity in any marketing or promotional materials.

Contact Us: 703-787-7300 | parksandrec@herndon-va.gov

COVID Impact

The health and safety of our campers and staff remain our highest priority. Below is a summary of actions we are taking and asking for you to help ensure we are lowering COVID-19 spread as much as possible:



- **Keeping campers in small groups (pods) and spacing them out** around the site during camp. Campers and staff will physically-distance when and wherever possible. Campers and staff will remain with their camp pod during our camp day and have limited interactions with other pods.
- **Limiting the number of items that are shared** or touched between campers and staff. Campers are asked to refrain from bringing play items from home. We have added equipment and supplies to reduce the number of shared items.
- **Promoting healthy hygiene practices.** All campers and staff will be encouraged and reminded to wash their hands multiple times per day, including before and after eating any snack or meal. Staff will routinely disinfect high touch areas and multi-use surfaces.
- Staff will remind **campers not to share food** with others.
- Camp staff will be required to **wear a face covering** during the camp day. Campers will wear a cloth face covering as feasible, when inside, and at times when physical distancing is difficult or cannot be maintained.
- Children who are sick will not be allowed to participate in camp activities until they are free from illness.
- Camp participants will need to bring a full bottle of water or two to camp each day.
- **Anyone who is sick or was sick with COVID-19** or recently in contact with someone with COVID-19 in the last 14 days – including staff, campers, and families – **should not come to camp**. Be on the lookout for symptoms of COVID-19, which include fever, cough, shortness of breath, chills, muscle pain, sore throat, and loss of taste or smell. Call your doctor if you think you or a family member is sick. Credits/refunds will be provided for missed classes or reservations with greater than 2-hour notice due to personal or household COVID symptoms or exposure.
- As CDC and state guidelines change, we will communicate any changes to camp protocol through emails to parents and the website www.herndon-va.gov/recreation/camps.
- Campers will not be able to participate in HCC classes during camp. Staff will not be able to shuttle campers.



All Camps

- All campers must have a **Camper Information Form** on file prior to the first day of camp. Forms are attached when registering and are online at [Herndon-va.gov/camps](https://herndon-va.gov/camps).
- All campers will be required to wear face coverings when not engaging in physical activity.
- Safety protocols will include camper and staff group pods, reduced number of campers per camp, physical distancing along with frequent hand washing and face coverings.
- No extended care will be available.
- Campers will swim twice a week.
- Field trips are not offered this summer.
- All campers should dress for outside play and adventure, including closed-toe athletic shoes. Campers should bring a lunch, snack and full water bottle or two each day. Please no peanut products!
- Please apply sunscreen and bug spray before coming to camp. All camps except Quest will be cancelled in case of severe weather. In case of severe weather or a call from camp requesting a child to be picked up for the day, parents must pick up their child as soon as possible. If a parent/guardian cannot pick up their child within 30 minutes, families should expect to reach one of their emergency contacts.
- Parents need to wear masks when dropping off and picking up their children.

Camp Quest

Camp
Registration
Is Ongoing

Age 6–12

Camp Quest is an outdoor youth camp which will only move indoors during extreme weather situations. Every day at camp will bring a new adventure through a variety of fun activities such as nature hikes, sports & games, music, and craft activities that are designed around a weekly theme.

Bready Park Picnic Shelter, 814 Ferndale Avenue

9, 7.5 hour sessions **no camp 7/5**

M-F 8:00am-3:30pm 7/6-7/16 \$270 / \$359 186111.02

10, 7.5 hour sessions

M-F 8:00am-3:30pm 6/21-7/2 \$300 / \$399 186111.01

M-F 8:00am-3:30pm 7/19-7/30 \$300 / \$399 186111.03



Camp Discovery

Camp
Registration
Is Ongoing

Age 6–12

Camp Discovery is an entirely outdoor camp program. Camp will be cancelled in cases of extreme weather. A variety of activities are planned to promote active participation in team-building, enriching games, crafts and physical activity, expanding imagination, building self-confidence, and creating new friendships. Activities are designed around session themes.

Trailside Park Picnic Shelter, 1022 Crestview Drive

9, 7 hour sessions **no camp 7/5**

M-F 8:00am-3:00pm 7/6-7/16 \$247 / \$329 186320.01

10, 7 hour sessions

M-F 8:00am-3:00pm 7/19-7/30 \$275 / \$366 186320.02

M-F 8:00am-3:00pm 8/2-8/13 \$275 / \$366 186320.03

Fees:
Town of Herndon
Residents /
Non-Town Residents

Camp Explore

Age 5–8

Explore nature through hands-on activities and outdoor learning, utilizing senses to discover a joy and appreciation for nature! Each week, we will investigate a different theme, centered around science experiments, nature walks, art projects, environmental education and fun!

Runnymede Park, 195 Herndon Parkway



4, 4 hour sessions no camp 7/5

Buzz and Flutter - Bees, butterflies, moths, and beetles! Let's flutter around while learning about pollination.

Tu-F 9:00am-1:00pm 7/6-7/9 \$96 / \$128 186311.11

5, 4 hour sessions

No Backbone - No Worry - Learn about what insects, spiders, snails, and centipedes have in common.

M-F 9:00am-1:00pm 6/21-6/25 \$120 / \$160 186311.09

Trees - Take a walk in the woods and gain knowledge in the wondrous ways trees help all of us.

M-F 9:00am-1:00pm 6/28-7/2 \$120 / \$160 186311.10

Mammals - Mammals are a special kind of animal. With over 4,000 in the world, how many can you name?

M-F 9:00am-1:00pm 7/12-7/16 \$120 / \$160 186311.12 - Full, Join the Waitlist

Wings and Things - Ever hear a noise in the woods from a bird and wonder what kind it is?

M-F 9:00am-1:00pm 7/19-7/23 \$120 / \$160 186311.13 - Full, Join the Waitlist

Water World - Water is an amazing part of our world and home to so many insects and animals.

M-F 9:00am-1:00pm 7/26-7/30 \$120 / \$160 186311.14

Weather or Not - What causes it to rain or snow? How do volcanoes work?

M-F 9:00am-1:00pm 8/2-8/6 \$120 / \$160 186311.15

Ecology - Learn how to reduce, reuse, recycle. Create crafts from recycled materials.

M-F 9:00am-1:00pm 8/9-8/13 \$120 / \$160 186311.16

Fees:
Town of Herndon
Residents /
Non-Town Residents

Counselor In Training ←

Camp
Registration
Is Ongoing

Age 13–16

The program offers participants an opportunity to learn how to plan, teach and execute youth programs and activities. C.I.T.s will work in camp units and shadow counselors while developing these skills. The C.I.T. program is designed to create leaders, role models and prepare participants to become effective and talented counselors. C.I.T.s are provided with camp shirts, appropriate training, and a program manual.

All C.I.T.s must attend one of the two trainings prior to serving as a C.I.T.; either 6/18 (180022.61) or 7/9 (180022.62) listed below.

Bready Park or Trailside Park

9, 7.5 hour sessions **no camp 7/5**

M-F 8:00-3:30pm 7/6-7/16 \$90 / \$120 180021.12

10, 7.5 hour sessions

M-F 8:00-3:30pm 6/21-7/2 \$100 / \$133 180021.11 (Camp Quest only)

M-F 8:00-3:30pm 7/19-7/30 \$100 / \$133 180021.13

M-F 8:00-3:30pm 8/2-8/13 \$100 / \$133 180021.14 (Camp Discovery only)



REQUIRED C.I.T Training Sessions—MUST ATTEND ONE PRIOR TO C.I.T SESSIONS

C.I.T.s must register for one session at the time of registering for C.I.T sessions. No additional charge; included with C.I.T fee.

1, 2.5 hour class

F 9:00-11:30am 6/18 \$0 180022.61

F 9:00-11:30am 7/9 \$0 180022.62



Tennis Camps

Age 7-13

A great way for kids to spend their summer outdoors learning tennis and having fun. The camp will feature on and off-court instruction, warm-ups, and conditioning. In case of inclement weather, camp will be cancelled for the day. Students must provide their own racquet, a new can of balls and a full water bottle.

Bready Park Tennis Courts, 814 Ferndale Avenue.

5, 4 hour sessions

M-F	9:00am-1:00pm	7/12-7/16	\$165 / \$219	188519.10 - FULL, Join the Waitlist
M-F	9:00am-1:00pm	7/19-7/23	\$165 / \$219	188519.11
M-F	9:00am-1:00pm	7/26-7/30	\$165 / \$219	188519.12 - FULL, Join the Waitlist
M-F	9:00am-1:00pm	8/2-8/6	\$165 / \$219	188519.13
M-F	9:00am-1:00pm	8/9-8/13	\$165 / \$219	188519.14

·If camp is full, please register for the waitlist. We will add additional instructors to accommodate waitlists whenever possible.

·Camp minimums must be reached by close of business the Wednesday prior to the first day of camp for camp to be offered.

Fees:
Town of Herndon
Residents /
Non-Town Residents



4th of July Fireworks Display

Sunday, July 4 9:30pm

Bready Park opens at 8:00pm

Sorry, no entertainment, activities, or food/drink sales.
Pets, grills, alcohol, fireworks, and sparklers should be left at home.

Register for these classes at bit.ly/HPRwebtrac
 Registration starts for TOH on 6/9 and NR on 6/15
 All classes held at the Herndon Community Center, 814 Ferndale Ave.

Aquatics Classes

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

8, 30 minute classes

no class 7/2, 7/5

M-F	9:00-9:30am	6/28-7/9	\$76 / \$108	102100.11
M-Th	9:00-9:30am	7/12-7/22	\$76 / \$108	102100.12
M-Th	9:00-9:30am	7/26-8/5	\$76 / \$108	102100.13
M-Th	9:00-9:30am	8/9-8/19	\$76 / \$108	102100.14
Tu/Th	6:15-6:45pm	6/8-7/1	\$76 / \$108	102100.20
Tu/Th	6:15-6:45pm	7/6-7/29	\$76 / \$108	102100.21
Tu/Th	6:15-6:45pm	8/3-8/26	\$76 / \$108	102100.22

Registration is
open for
classes starting in
June

- Full, Join the Waitlist

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

8, 30 minute classes

no class 7/2, 7/5

M-F	9:45-10:15am	6/28-7/9	\$76 / \$108	102200.11
M-Th	9:45-10:15am	7/12-7/22	\$76 / \$108	102200.12
M-Th	9:45-10:15am	7/26-8/5	\$76 / \$108	102200.13
M-Th	9:45-10:15am	8/9-8/19	\$76 / \$108	102200.14
Tu/Th	5:30-6:00pm	6/8-7/1	\$76 / \$108	102200.20
Tu/Th	5:30-6:00pm	7/6-7/29	\$76 / \$108	102200.21
Tu/Th	5:30-6:00pm	8/3-8/26	\$76 / \$108	102200.22

- Full, Join the Waitlist

Preschooler 3 Age 3-5

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

8, 30 minute classes

no class 7/2, 7/5

M-F	10:30-11:00am	6/28-7/9	\$76 / \$108	102300.11
M-Th	10:30-11:00am	7/12-7/22	\$76 / \$108	102300.12
M-Th	10:30-11:00am	7/26-8/5	\$76 / \$108	102300.13
M-Th	10:30-11:00am	8/9-8/19	\$76 / \$108	102300.14
Tu/Th	7:00-7:30pm	6/8-7/1	\$76 / \$108	102300.20
Tu/Th	7:00-7:30pm	7/6-7/29	\$76 / \$108	102300.21
Tu/Th	7:00-7:30pm	8/3-8/26	\$76 / \$108	102300.22



Aquatics Classes

Preschooler 4 Age 3-5

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

8, 30 minute classes		no class 7/2, 7/5		
M-F	11:15-11:45am	6/28-7/9	\$76 / \$108	102400.11
M-Th	11:15-11:45am	7/12-7/22	\$76 / \$108	102400.12
M-Th	11:15-11:45am	7/26-8/5	\$76 / \$108	102400.13
M-Th	11:15-11:45am	8/9-8/19	\$76 / \$108	102400.14
Tu/Th	4:45-5:15pm	6/8-7/1	\$76 / \$108	102400.20
Tu/Th	4:45-5:15pm	7/6-7/29	\$76 / \$108	102400.21
Tu/Th	4:45-5:15pm	8/3-8/26	\$76 / \$108	102400.22

Registration is
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classes starting in
June

Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute classes		no class 7/2, 7/5		
M-F	9:30-10:00am	6/28-7/9	\$76 / \$108	103110.11 - Full, Join the Waitlist
M-Th	9:30-10:00am	7/12-7/22	\$76 / \$108	103110.12
M-Th	9:30-10:00am	7/26-8/5	\$76 / \$108	103110.13
M-Th	9:30-10:00am	8/9-8/19	\$76 / \$108	103110.14
Tu/Th	5:00-5:30pm	7/6-7/29	\$76 / \$108	103110.21
Tu/Th	5:00-5:30pm	8/3-8/26	\$76 / \$108	103110.22

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

8, 30 minute classes		no class 7/2, 7/5		
M-F	8:45-9:15am	6/28-7/9	\$76 / \$108	103210.11 - Full, Join the Waitlist
M-Th	8:45-9:15am	7/12-7/22	\$76 / \$108	103210.12
M-Th	8:45-9:15am	7/26-8/5	\$76 / \$108	103210.13
M-Th	8:45-9:15am	8/9-8/19	\$76 / \$108	103210.14
Tu/Th	5:45-6:15pm	7/6-7/29	\$76 / \$108	103210.21
Tu/Th	5:45-6:15pm	8/3-8/26	\$76 / \$108	103210.22



Aquatics Classes

Register for these classes at bit.ly/HPRwebtrac

Registration starts for TOH on 6/9 and NR on 6/15

All classes held at the Herndon Community Center, 814 Ferndale Ave.

Swim 3 Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

8, 30 minute classes

no class 7/2, 7/5

M-F	10:15-10:45am	6/28-7/9	\$76 / \$108	103310.11
M-Th	10:15-10:45am	7/12-7/22	\$76 / \$108	103310.12
M-Th	10:15-10:45am	7/26-8/5	\$76 / \$108	103310.13
M-Th	10:15-10:45am	8/9-8/19	\$76 / \$108	103310.14
Tu/Th	6:30-7:00pm	7/6-7/29	\$76 / \$108	103310.21
Tu/Th	6:30-7:00pm	8/3-8/26	\$76 / \$108	103310.22



Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke. Diving skills are introduced.

8, 30 minute classes

no class 7/2, 7/5

M-F	11:00-11:30am	6/28-7/9	\$76 / \$108	103410.11
M-Th	11:00-11:30am	7/12-7/22	\$76 / \$108	103410.12
M-Th	11:00-11:30am	7/26-8/5	\$76 / \$108	103410.13
M-Th	11:00-11:30am	8/9-8/19	\$76 / \$108	103410.14
Tu/Th	7:15-7:45pm	7/6-7/29	\$76 / \$108	103410.21
Tu/Th	7:15-7:45pm	8/3-8/26	\$76 / \$108	103410.22

Registration is
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July Is National

Parks and Recreation Month

Together we develop our parks and recreation story. As this story is created, it touches many lives in the Town of Herndon. It is a story filled with play, joy and growth. Most of all wonderful memories are made as you and your family enjoy recreational activities. Make plans to explore all Herndon Parks and Recreation Department has to offer.

Diving Classes

Introduction to Diving Age 7-14

Teaches headfirst entries into the water; no previous experience is needed. Students will learn standing dives from the edge and from the springboard. Students must be able to swim 25 yards and be comfortable in deep water. Completion of Swim 3 is strongly recommended.

5, 30 minute classes

M-F	10:00-10:30am	6/28-7/2	\$45 / \$60	104510.11
M-F	10:00-10:30am	7/12-7/16	\$45 / \$60	104510.12
M-F	10:00-10:30am	8/9-8/13	\$45 / \$60	104510.13

Diving 1 Age 7-14

Introduces divers to the fundamentals of diving, starting with front and back jumps, and working through front and back dives. Approaches, hurdles and entries are also taught. Students must be comfortable in deep water and able to dive in headfirst.

5, 30 minute classes

M-F	10:45-11:15am	6/28-7/2	\$45 / \$60	104610.11
M-F	10:45-11:15am	7/12-7/16	\$45 / \$60	104610.12
M-F	10:45-11:15am	8/9-8/13	\$45 / \$60	104610.13



Diving 2 Age 7-14

This class is designed for children with previous springboard experience and includes refinement of front and back dives, as well as learning more advanced dives and flips. The completion of Diving 1 or equivalent is required.

5, 45 minute classes

M-F	11:30am-12:15pm	6/28-7/2	\$70 / \$95	104710.11
M-F	11:30am-12:15pm	7/12-7/16	\$70 / \$95	104710.12
M-F	11:30am-12:15pm	8/9-8/13	\$70 / \$95	104710.13

Water Exercise Class

Deep Water 1 Age 16 & up

A high-intensity, no impact cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary, but participants must be comfortable in deep water.

T & Th	6:30pm-7:30pm	6/29-7/22	\$72 / \$96	108730.20
T & Th	6:30pm-7:30pm	7/27-8/19	\$72 / \$96	108730.21

Fitness Classes

Register for these classes at bit.ly/HPRwebtrac

Registration starts for TOH on 6/9 and NR on 6/15

All classes held at the Herndon Community Center, 814 Ferndale Ave.

BLAST Fitness COMBO Age 16 & up

Take a few sets of resistance training, add in some rounds of cardio interval, a splash of core conditioning and a pinch of mobility work and you have a recipe for a great exercise class! Each class, participants can expect a dynamic warm-up followed by 3-4 rounds of varying exercise modes. Every class is different, but the focus is on improved health stays the same throughout.

3, 45 minute classes

M	9:30-10:15am	7/12-7/26	\$23 / \$30	125831.11
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4, 45 minute classes

M	9:30-10:15am	8/2-8/23	\$30 / \$40	125831.12
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BLAST Fitness Strength Age 16 & up

Functional fitness training designed to help you move better, be stronger and feel healthier. This circuit-style strength class will rotate through several series of exercises (within your individual equipment station), incorporating resistance training, body sculpting and core conditioning in fun, creative intervals. Each class, participants can expect a dynamic warm-up followed by 3-4 rounds of resistance exercises using Free Weights, Kettlebells, Superbands, PhysioBalls and more!

4, 45 minute classes

Tu	9:30-10:15am	7/6-7/27	\$30 / \$40	120440.21
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Th	9:30-10:15am	7/8-7/29	\$30 / \$40	120440.41
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Tu	9:30-10:15am	8/3-8/24	\$30 / \$40	120440.22
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Th	9:30-10:15am	8/5-8/26	\$30 / \$40	120440.42
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HCC Strong Age 16 & up

This is what it is like to feel STRONG! In this class you'll find strength of body - and of mind - as you will yourself to accomplish a wide variety of functional movements and exercises to build a healthier body. You can lift barbells overhead; you can master the push-up; you can hip-hinge like a boss; if you can think it, you can do it!

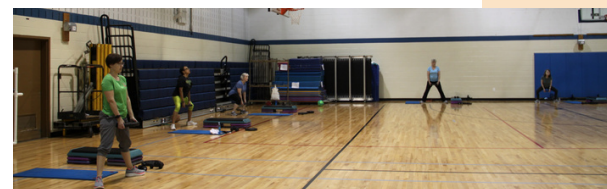
4, 45 minute classes

Tu	6:30-7:15pm	7/6-7/27	\$30 / \$40	125330.21
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Th	6:30-7:15pm	7/8-7/29	\$30 / \$40	125330.41
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Tu	6:30-7:15pm	8/3-8/24	\$30 / \$40	125330.22
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Th	6:30-7:15pm	8/5-8/26	\$30 / \$40	125330.42
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Fees:

Town of Herndon
Residents /
Non-Town Residents

Fitness Classes

Small Group Outdoor Training Age 16 & up

Exercise in the great outdoors! Join us on the Bready Park soccer field for a functional fitness training class designed to help you move better, be stronger and feel healthier. In the refreshing air outside, the format includes dynamic warm-ups, corrective exercises, power circuits, strength routines, cardio intervals and core finishers. *Participants should come dressed for variable weather. Class may meet inside the HCC Gym in the event of severe weather. **No July Sessions

4, 45 minute classes

M	8:30-9:15am	8/2-8/23	\$30 / \$40	121432.12
W	8:30-9:15am	8/4-8/25	\$30 / \$40	121432.32

The Lunch Workout Age 16 & up

Re-ignite your metabolism over the lunch hour with an empowering workout that will carry you through the rest of your day. Enjoy a full-body fitness experience as you make your way through dynamic warm-ups, corrective exercises, power circuits, strength routines, cardio intervals and core finishers. Discover how your workout can be modified or progressed to meet - or challenge - your abilities and optimize your results.

3, 45 minute classes

M	12:15-1:00pm	7/12-7/26	\$23 / \$30	121330.11
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4, 45 minute classes

W	12:15-1:00pm	7/7-7/28	\$30 / \$40	121330.31
M	12:15-1:00pm	8/2-8/23	\$30 / \$40	121330.12
W	12:15-1:00pm	8/4-8/25	\$30 / \$40	121330.32



Hot Hula Age 16 & up

Polynesian mixed dance workout (combination of Tahitian, Hula, Samoan and Hip-Hop). Provides a total body workout in 45 minutes. Inspired by the dances of the Pacific Islands HOT HULA Fitness incorporates easy to perform dance movements set to the sounds of traditional Polynesian drumbeats fused with funky Reggae music, resulting in a modern, hip, fitness workout.

4, 45 minute classes

Th	6:00-6:45pm	7/8-7/29	\$24 / \$32	126231.41
Th	6:00-6:45pm	8/5-8/26	\$24 / \$32	126231.42

STRONG Nation by ZUMBA Age 16 & up

New!

Stop counting the reps. Start training to the beat. STRONG Nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more! Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG Nation instructors change up the music and moves frequently to make sure you're always challenged to the max.

4, 45 minute classes

Th	5:30-6:15pm	7/8-7/29	\$24 / \$32	126420.41
Th	5:30-6:15pm	8/5-8/26	\$24 / \$32	126420.42

Fees:

Town of Herndon

Residents /

Non-Town Residents

Fitness Classes

ZUMBA Age 16 & up

Join us for a safe and fun Latino-influenced dance style class that fuses high-energy moves and dance combinations that are designed to make you feel great! No prior dance experience is necessary - but having FUN is!

4, 45 minute classes

Tu	5:30-6:15pm	7/6-7/27	\$24 / \$32	126230.21
W	5:30-6:15pm	7/7-7/28	\$24 / \$32	126230.31

Tu	5:30-6:15pm	8/3-8/24	\$24 / \$32	126230.22
W	5:30-6:15pm	8/4-8/25	\$24 / \$32	126230.32

Personal Training

Our team of personal trainers are committed to helping you develop and improve healthy lifestyle habits. Taking care of your health and fitness is more important now than ever. The physical and mental health benefits of exercise are innumerable, and everyone should engage in some form of daily physical activity.

Email our Head Personal Trainer karen.tsitos@herndon-va.gov for more info or to get started.

*Limitations may apply to schedule and trainer availability

ONE-ON-ONE PERSONAL TRAINING

30-min session	TOH \$36 / NR \$48
6 x 30 min	TOH \$180 / NR \$239
10 x 30 min	TOH \$244 / NR \$325

45-min session	TOH \$47 / NR \$63
6 x 45 min	TOH \$237 / NR \$315
10 x 45 min	TOH \$349 / NR \$464

TWO-ON-ONE PARTNER TRAINING

(price is PER PERSON)

45-min session	TOH \$34 / NR \$45
6 x 45 min	TOH \$190 / NR \$253
10 x 45 min	TOH \$300 / NR \$399

ONE-ON-ONE YOUTH TRAINING

45-min session	TOH \$38 / NR \$51
6 x 45 min	TOH \$190 / NR \$253
10 x 45 min	TOH \$282 / NR \$375

TWO-ON-ONE YOUTH TRAINING

(price is PER PERSON)

45-min session	TOH \$32 / NR \$43
6 x 45 min	TOH \$162 / NR \$215
10 x 45 min	TOH \$240 / NR \$319

Nutrition Coaching

To truly get the fitness results you want, you must have a nutrition plan that complements your physical activity. Meet with certified Nutrition Coach Karen Tsitos for ongoing nutritional support and guidance. Learn all about the healthy eating, lifestyle improvements, and methods for sustainable change that you need to improve your health and achieve your goals.

Contact karen.tsitos@herndon-va.gov for more information or to schedule your first session.

**6, 45 minute sessions
\$237 TOH / \$315 NR**



Fees:
Town of Herndon
Residents /
Non-Town Residents

Pottery Classes

Kidz on Wheelz Age 8-14

Explore your creativity while learning hand building clay techniques. Exciting pottery project ideas will be provided, but students should let their imaginations run. Fee includes all materials.

6, 90 minute classes

Th 4:00-5:30pm 7/1-8/5 \$120 / \$160 110010.40

Beginning Wheel Age 16 & up

Learn techniques of throwing the wheel to include wedging, centering, pulling, trimming and the use of tools and glaze. Experience the wonderful craft with good habits and positive feedback in every class. All skill levels are welcome. Use of tools and 25 lbs of clay included; additional clay may be purchased as needed.

8, 2.5 hour classes

Tu 5:30-8:00pm 6/29-8/17 \$150 / \$200 110150.21



Info To Know

Inclement Weather - 703-435-6866

Updates will be made on the inclement weather line and emails will be sent alerting parents/guardians to the status of camp. Code Red days and typical rain showers are not cases of extreme weather and camp will proceed as normal in those cases.

Refunds & Cancellations

Prior to enrolling, please read the department's refund policy located at <http://bit.ly/hprreginfo>. Full refunds are issued if a camp is cancelled by department staff, or due to minimum enrollment not being met. Credits will be issued when camp is cancelled for the full day due to inclement weather and will be processed after the camp session ends. No credits or refunds will be issued for partial days of camp cancelled due to inclement weather.

Financial Assistance

Financial assistance is offered by waiving a percentage of the registration fee for programs for those who meet federal financial qualifications for assistance. The fee waiver request form can be downloaded at herndon-va.gov/Recreation. The form needs to be submitted in-person with the proper identification. Please call 703-435-6800 x2107 for information.

HCC Temporary Hours

Monday 7am-4pm

Tuesday-Thursday 7am-8pm

Friday 7am-4pm

Closed Saturday & Sunday

No admittance to the HCC
a ½ hour before closing.



**The HCC will shutdown
August 30 – September 3
for annual
maintenance and cleaning
and will reopen
Tuesday, September 7**

10% Off

**All multi-visit passes
Expires 6/30/21**

HCC Admission Fees

DAILY ADMISSION TOH/NR

Adult	\$7.00/ \$8.00
Senior	\$5.75/ \$6.50
Youth / Student	\$5.75/ \$6.50
Family	\$19.75/ \$22.50

TOH = Town of Herndon Resident (Requires ID with Address)

NR = Non-Resident

Senior = 65+

Youth = 17 & Under

Student = 18 to 25 with school ID

Family = Up to 5 family members, 2 Adults max

10-VISIT PASS TOH/ NR

Adult	\$63.00 / \$72.00
Senior / Youth / Student	\$52.00 / \$59.00

25-Visit Pass TOH/ NR

Adult	\$140.00 / \$160.00
Senior / Youth / Student	\$115.00 / \$130.00

10&25-Visit Passes expires one-year
from date issued

30-Day Pass TOH/ NR

Adult	\$56.00 / \$72.00
Senior / Youth / Student	\$46.00 / \$59.00
Adult 2-Person^	\$84.00 / \$108.00
Senior 2-Person^	\$69.00 / \$88.00
Senior/Non Senior	
2-Person^	\$74.00 / \$95.00
Dependent Youth*	\$14.00 / \$18.00

^ Both people in the 2-Person pass must live in
the same household

* Dependent Pass must be purchased with an
Adult Pass of the same type

PARKS IN HERNDON

1 Alabama Drive Park

Located on Alabama Drive. This 10-acre park has two basketball courts (lighted), soccer, one 60' and one 90' baseball field (both lighted), playground equipment for ages 5-12, and a tot lot.

2 Bready Park

Located on Ferndale Avenue, adjacent to the Herndon Community Center. Facilities at the park include a picnic shelter, lighted softball, and 60/70' baseball fields, outdoor lighted basketball, six lighted tennis courts, three covered tennis courts September-April, lighted artificial turf soccer field, and a playground. Indoor restrooms. Sports fields are available for open play and scheduled leagues. *Shelter is available for reservation.*

3 Bruin Park

Located on Van Buren Street. An 8-acre neighborhood park includes a playground, a picnic shelter and features two tennis courts, a softball field, a basketball court and an open play area. Available on a first-come, first-served basis.

4 Chandon Park

Located on Palmer Drive off the Herndon Parkway. Park includes two tennis courts, a tot play area, a 90' baseball field, and a fenced dog park.

5 Cuttermill Park

A 6-acre neighborhood park located at 1501 Herndon Parkway. The park includes a baseball/T-ball field, walking areas, multipurpose courts for sand volleyball and basketball, a mini basketball court to accommodate younger children, as well as a playground for ages 5-12, and a tot lot.

6 Haley M. Smith Park

Located off Van Buren Street at Herndon Parkway. The park features two 60' baseball/softball fields, a soccer/multi-use field, basketball and sand volleyball courts, a playground for ages 5-12, and a tot lot. Indoor restrooms seasonally.

7 Harding Park

Corner of Jefferson and Van Buren Streets. This neighborhood area features a playground, park benches, and an open play space.

8 Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities, and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, bird-watching, nature study, and picnicking. Park includes two picnic shelters and a paved accessible trail. *Shelters are available for reservation.*

9 Spring Street Park

Located at the corner of Spring and Van Buren Streets. This passive area has a walking path and park benches.

10 Stanton Park

Located at the corner of Third and Monroe Streets. This 10-acre neighborhood park is rustic, with large natural areas. Facilities include a shelter, picnic facilities, walking trails and a play area. Available on a first come, first-served basis.

11 Trailside Park

Located on Crestview Drive. The park includes a skatepark, picnic shelter with picnic tables, grills, a playground, an open play area, and a bocce court. *Shelter is available for reservation.*



GET INVOLVED!

There are additional ways to get involved:

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

For more information call 703-435-6800 x2111.

Do you have questions or concerns regarding trees? The Town Forester is available to help. Call 703-435-6800 x2014.

Picnic Shelter Rentals

- Shelters are rented in five-hour intervals.
- Alcoholic beverages are not allowed in parks.
- Electricity is included at Bready & Trailside Parks. (Runnymede Park does not have electricity.)

PARK	COST	GUEST LIMIT
Bready	\$110 TOH / \$160 NR	140
Trailside	\$60 TOH / \$85 NR	70
Runnymede	\$50 TOH / \$75 NR	70

Trailside & Runnymede Parks have a \$20 nonrefundable deposit and Bready Park has a \$35 nonrefundable deposit.

Call us at 703-787-7300 to reserve a shelter or book online at herndon-va.gov/recreation.

FIND A PARK NEAR YOU

Herndon PARKS



This map is not drawn to scale. The blue area indicates the approximate Town of Herndon residential area. Please visit herndon-va.gov/recreation for more information.

Registration is Easy!

PHONE: 703-787-7300

FAX: 703-318-8652

Herndon Parks and Recreation Registration Form

ONE FORM PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK. Complete this form and be sure to note your first, second, and third choices. **Proof of residency may be required.**

NOR ▶ You may donate to the Parks & Recreation Scholarship Fund. All scholarship funds are used to enable those who are unable to participate in programs or camps.

HEAD OF HOUSEHOLD: LAST _____ FIRST _____

ADDRESS _____

CITY/STATE/ZIP _____ EMAIL _____

PHONE: HOME _____ CELL _____ WORK _____

Participant Name	Birth Date	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 1 / 99	M/F <input checked="" type="radio"/>	000000.00	Level 4	\$68	000000.01	000000.02
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
Optional: Donation to Parks & Recreation Scholarship Fund. Fill in the amount of your contribution.							

TOH = people who live in the Town of Herndon limits

NR = people living outside the Town of Herndon limits

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # _____ EXP. DATE _____

PRINT NAME OF CARD HOLDER _____

SIGNATURE _____

SPECIAL ACCOMMODATIONS:

Call 703-787-7300 to speak with program supervisor.

MAKE CHECK PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$50 fee



MAIL TO:

Herndon Parks and Recreation
777 Lynn Street, Herndon, VA 20170

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 15% service charge will be assessed 5 or more days before start of program. Less than 5 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon, or if class is canceled by Herndon Parks and Recreation.

OFFICE USE ONLY – Processed by: _____

Payment Method C CK CC LC

AP# _____ Date Paid _____

RECREATION CONSENT: I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the town of Herndon's employees, officers, agents, and volunteers on behalf of the town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or co-sponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or image of the activity in any marketing or promotional materials.

PRINT NAME OF PARENT OR GUARDIAN _____

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN _____